FOOD CATEGORY	APPROVED BRANDS OR VARIETIES	
CEREAL	Ready to Eat Cereal: 14 oz. or larger  General Mills: Cheerios – only Plain* and Chocolate Ma	alt-O-Meal
Cereal is brand and flavor specific	Multi-Bran, Rice+, Wheat*; Kix – Plain only Grain*; incluminates, and	
Any combination of approved cereals up to the total ounces on the check	Kelloggs: Corn Flakes; Rice Krispies – Plain Original Malt only; Crispix; Frosted Mini Wheats* – Plain only; Big Bite*; Unfrosted Mini Wheats* – Plain only, Bite Size*; Special K – Plain only	-O-Meal
Minimum package size for national brands is 14 ounces	<u>Malt-O-Meal</u> : Frosted Mini-Spooners – Plain only*	
and Minimum package size for store brands is 10 ounces  NO added fruit, yogurt	<u>Post</u> : Bran Flakes*; Grape-Nuts* <u>Quaker</u> : Life – Plain only*; Oatmeal Squares – Plain only*	
or nuts	ONLY these store brands 10 oz. or larger: Corn Flakes	, Crisp(v) Rice, Crispv
+ Gluten free * Whole grain cereals	Hexagons, Bran Flakes*, Wheat Bran Flakes*, Toasted Oats*, Tasteeos*, Happy O's*, Rollin Oats*, Frosted Shredded Wheat*, Frosted Bite-Size Shredded Wheat*, Crunchy Oat Squares*, Oat Wise*, Corn Biscuits, Toasted Corn Biscuits, Rice Biscuits, and Toasted Rice Squares:	
	<ul> <li>Always Save</li> <li>Best Choice</li> <li>Great Value</li> <li>Centrella</li> <li>HyTop</li> <li>Mornin' Gel</li> <li>Essential</li> <li>Hy-Vee</li> <li>Everyday</li> <li>IGA</li> <li>Fareway/Fastco</li> <li>Kemach</li> <li>Flavorite</li> <li>Kiggin's</li> <li>Market</li> <li>Pantry</li> <li>Mornin' Gel</li> <li>Midwest</li> <li>Country Fal</li> <li>Nature's</li> <li>Crunch</li> </ul>	<ul> <li>Shurfine</li> </ul>

FOOD CATEGORY	APPROVED BRANDS OR VARIETIES	
100% WHOLE WHEAT BREAD	Must say "100% whole wheat" on the package and whole wheat must be the first ingredient on the label	
NO added fruit, nuts and seeds	<ul> <li>16 ounce loaf 100% whole wheat loaf approve Arnold Light 100% Whole Wheat</li> <li>Best Choice 100% Whole Wheat</li> <li>Family Choice 100% Whole Wheat</li> <li>Fareway Bake Shoppe Stone Ground Wheat 100% Whole Wheat</li> <li>HyVee 100% Whole Wheat</li> <li>Lewis Bunny 100% Whole Wheat</li> <li>Our Family 100% Whole Wheat</li> <li>Ozark Hearth 100% Whole Wheat</li> <li>Pepperidge Farm Stone Ground 100% Whole Wheat</li> <li>Pepperidge Farm Stone Ground 100% Whole Wheat</li> <li>Country Hearth 100% Whole Wheat</li> </ul>	<ul> <li>Pepperidge Farm Very Thin Sliced 100% Whole Wheat</li> <li>Roman Meal Sungrain 100% Whole Wheat</li> <li>Sara Lee Classic 100% Whole Wheat</li> <li>Schnucks 100% Whole Wheat</li> <li>Shurfine 100% Whole Wheat</li> <li>Shurfresh 100% Whole Wheat</li> <li>Village Hearth 100% Whole Wheat</li> </ul>
	Nature's Pride 100% Whole Wheat	<ul><li>100% Whole Wheat</li><li>Pepperidge Farm Whole Grain</li><li>100% Whole Wheat</li></ul>
SOFT CORN and WHOLE WHEAT TORTILLAS	10-16 ounce package  Corn Tortillas – Yellow or White  Any brand  Whole Wheat Tortillas	
Whole wheat tortillas are brand specific	Azteca     Buenavita	<ul><li>Mama Laupe's</li><li>Mission Whole Wheat</li></ul>
NO added flavoring	<ul> <li>Celia's Whole Wheat Tortillas</li> <li>Food Club Whole Wheat Tortillas</li> <li>Hormel</li> <li>HyVee Whole Wheat Tortillas</li> <li>La Banderita Whole Wheat Tortillas</li> </ul>	Tortillas Plus!     Ortega     Shurfine Whole Wheat     Tortillas
BROWN RICE NO added flavoring	14-16 ounce package Any brand of plain brown rice Includes instant, regular and boil-in-bag	
Oatmeal Oatmeal is brand specific	16 ounce container only Quick or old fashioned  Mom's Best Best Choice Our Family	

FOOD CATEGORY	APPROVED BRANDS OR VARIETIES
DRIED BEANS AND PEAS	Any brand in 16 ounce packages
NO mixed beans or soup mix	Includes black, black-eyed peas (cow peas or cow beans), kidney, garbanzo (chickpeas), great northern, lentil, limas (butter beans), navy, pinto, red, soybeans, split peas
PEANUT BUTTER	Store brand only in containers of 16-18 ounces
NO peanut butter spreads	Includes chunky, crunchy, creamy, smooth, low sodium and reduced sugar
NO added honey, jelly, or other flavorings	
NO bulk or freshly ground	
CANNED TUNA NO added ingredients NO albacore tuna	Minimum container size of 5 ounces; includes cans and foil pouches Any brand of chunk light tuna including water packed and oil packed Includes regular and low sodium
CANNED SALMON  NO red salmon  NO added ingredients	Minimum container size of 5 ounces; includes cans and foil pouches Any brand of pink salmon with or without bones and skin Includes regular and low sodium

FOOD CATEGORY	APPROVED BRANDS OR VARIETIES	
JUICE	64 OUNCE BOTTLES – SHELF STABLE	
Only these brands, flavors and container sizes  Approved brands and flavors also include calcium-fortified juices  Only 100% unsweetened fruit juice  Only 100% vegetable juice  NO drinks, ades, nectars, cocktails, fruit beverages, twisters or coolers	Apple Juice: Always Save, Apple & Eve, Baymist, Best Choice, Big Tex, Essential Everyday, Harvest Classic, HyTop, HyVee, Juicy Juice, Langers, Market Pantry, Mrs. Clark's, Old Orchard, Seneca, Shurfine, Texsun, Tipton Grove, Tree Top	
	Blended Fruit Juice (all flavors of these brands): Apple & Eve Cranberry Blends, Best Choice Juice Blends, Great Value, HyVee Cranberry and Pomegranate Blends, IGA, HyVee Just Juice, Juice, Langers, Market Pantry, Northland Cranberry Blends, Old Orchard, Our Family,	
	Grape Juice – White or Purple: Baymist, Best Choice, Big Tex, Flavorite, Great Value, HyTop, HyVee, IGA, Langers, Market Pantry, Midwest Country Fare, Mrs. Clark's, Old Orchard, Texsun, Tipton Grove, Welch's	
	Grapefruit Juice – White, Pink or Ruby Red: All brands of 100% grapefruit juice  Orange Juice: All brands of 100% orange juice	
	Tomato Juice or Blended Vegetable Juice: Best Choice, Big Tex, Campbell's Regular, Healthy Request and Low Sodium; Diane's Garden, Garden Fest, HyTop, HyVee, IGA, Langers, Market Pantry, Mrs. Clark's, Our Family, Shoppers Value, Texsun, V-8 Plain only	
	32 OUNCE BOTTLES – SHELF STABLE	
	Tomato Juice or Blended Vegetable Juice: see above for brands	
	64 OUNCE CONTAINERS – REFRIGERATED JUICE	
	Orange Juice - All brands of 100% orange juice	

JUICE (CONTINUED)	10-12 OUNCE FROZEN (single flavors only)
	Apple Juice: Best Choice, Flavorite, Food Club, Great Value, HyVee, HyTop, IGA, Market Pantry, Old Orchard, Seneca, Shurfine, Tree Top
	Grape Juice – White or Purple: Best Choice, Great Value, Market Pantry, Old Orchard, Seneca, Welch's (with yellow end cap only)
	Grapefruit Juice – White, Pink or Ruby Red: All brands of 100% grapefruit juice
	Orange Juice: All brands of 100% orange juice Includes added calcium, with pulp, pulp-free, and reduced acid
	Pineapple Juice: Dole, Langers, Market Pantry, Old Orchard
CASH VALUE VOUCHER FOR FRUITS AND VEGETABLES	Fruits Allowed: Fresh fruit, frozen in juice or water Not allowed: Syrups or added sugar, dried fruit, items from salad or fruit bars,
Dollar value is specified on each check	party trays, fruit baskets, fruit and nut mixtures  Vegetables
If purchase exceeds value of check, participant may pay the difference	Allowed: Fresh including any color sweet potatoes and yams, bagged salads with no additional ingredients; frozen without added fat, oil, sauces, pasta or rice Not allowed: White potatoes, dried vegetables, herbs and spices, items from salad bars, party trays, nuts including peanuts

FOOD CATEGORY	APPROVED BRANDS OR VARIETIES	
MILK	Cows milk:	
Cows milk — Any brand pasteurized with vitamins added in the container size and fat content specified on the check	Whole milk 1% Low Fat or Fat Free Skim Milk Evaporated Fat Free Milk Evaporated Milk Nonfat Dry Milk  Milk Alternatives:	
NO flavored milk	1% or 2% Sweet Acidophilus Milk Lactose Free Milk - Lowfat (1%) or Fat Free (e.g., Dairy Ease or Lactaid) Lactose Free Milk Whole Milk (e.g., Dairy Ease or Lactaid) Powdered Goat Milk – Meyenberg Brand Only Evaporated Goat Milk – Meyenberg Brand Only	
EGGS	USDA Grade A large eggs, white or brown	
NO eggs that make special health claims	Packaged in containers of one dozen	
CHEESE	Only 8 ounce or 16 ounce packages Only chunk or shredded	
NO sliced, cubed or crumbles	Only 8, 12 or 16 ounce packages Mozzarella string cheese, any brand No individually sold cheese sticks or smoked cheese sticks	
NO added ingredients or flavoring	Natural and domestic cheeses including Cheddar, Colby-Jack, Colby, Monterey Jack, and Mozzarella	
NO processed cheese, cheese spreads or American cheese	Includes varieties such as medium, sharp, extra sharp and Mozzarella string cheese 2% milk, low fat, and fat free natural cheeses are also allowed	
NO cheese purchased from a service counter		
TOFU	12 – 16 ounce packages	
No special health claims	Approved brands: Azumaya, Frieda, House Foods, Mori-Mu	
SOY BEVERAGE	64 ounce container Approved brands: 8 <sup>th</sup> Continent Original Soymilk, 8 <sup>th</sup> Continent Vanilla Soymilk, Silk Original Soy Beverage	

FOOD CATEGORY	APPROVED BRANDS OR VARIETIES	
INFANT FORMULA or MEDICAL FOODS  NO substitutions	ONLY the brand of formula listed on the check ONLY the container size listed on the check ONLY the type of formula (powder, liquid concentrate or ready to use) specified	
INFANT CEREAL NO added fruit NO added formula	Only 8 ounce and 16 ounce packages Includes barley, oatmeal, rice, and whole wheat  Approved brands include:  Beechnut Gerber  Nature's Goodness Tippy Toes	
BABY FRUITS AND VEGETABLES	Only 4 ounce containers	
NO added sugars, starches or salt	Includes fruits or vegetables, single flavor or blend	
NO desserts NO dinners		
BABY MEATS	Only 2.5 ounce containers	
NO dinners NO meat sticks	Single flavor, beef, chicken, ham or turkey Includes pureed meat and gravy or broth	
	Approved brands include:  • Beechnut Stage 1  • Gerber 2 <sup>nd</sup> Foods	